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UNITED STATES DEPARTMENT OF AGRICULTURE — Radio Service — OFFICE OF INFORMATION

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Housekeepers' Chat — Release Monday, July 30, or later

(NOT FOR PUBLICATION)

Subject: Menus and Recipes for Hot Weather. From Bureau of Home Economics, U. S. Department of Agriculture.

NOTE: Today's program concludes the "Housekeepers' Chats" for the summer season. The regular 10-minute, 5-day-a-week schedule will be resumed October 1.

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There is one question to be answered this morning, after which we shall discuss a very nice mid-summer dinner, and mid-summer recipes.

The question is this: "Will you please tell me how to plan a vegetable plate dinner which will be well-balanced, and appetizing?"

Answer: A vegetable plate dinner, as most of you know, consists of three, four, or five vegetables, served on a large plate, which has a separate compartment for each vegetable. That's the way they're served in hotels, and on diners. However, a vegetable dinner is just as good, served at home, without the special plate.

There are three points to remember, in preparing a vegetable dinner. First, there must be a variety of flavor. So far as flavor is concerned, a good combination is one mild-flavored vegetable, like potatoes or Lima beans; one vegetable of pronounced flavor, like cauliflower, cabbage, or onions; and one which may be served with vinegar -- beets, or spinach, for instance.

Second, there must be variety of texture. We can get variety in texture by serving one vegetable with a crisp crust, like corn fritters, or scalloped tomatoes; a second vegetable with sauce; and a third simply cooked in water, as peas, or string beans, are usually cooked. A raw vegetable, like celery or radishes, lends still further variety.

The third point to remember in connection with a vegetable dinner is to include some protein foods in the meal. As a rule, one of the vegetables should be beans, or peas, which are comparatively rich in protein. Or one of the vegetables may be served with a protein food, such as cheese, milk, eggs, or chopped meat. Examples of vegetables combined with protein foods are green peppers or tomatoes stuffed with a meat mixture, cauliflower or potatoes scalloped with cheese, spinach with hard-boiled eggs, and sweet corn pudding made with milk and eggs.

Now, if you'll take your pencils, I'll give you three well-balanced menus for vegetable plates. These menus are attractive, as well as appetizing.

H. C. 7/30/28

Menu Number One--Stuffed Pepper; Fried Eggplant; String Beans; Celery; and Pickle.

Menu Number Two: Baked Potato; Peas; Cauliflower with Hollandaise Sauce; and Fried Pineapple.

Menu Number Three: Corn Fritters; Baked Apple, served hot; Buttered Carrots; and Cold Slaw.

The special dinner suggestion for today is a mid-summer vegetable menu, including a new recipe, for Fried Cucumbers. Ever eat Fried Cucumbers? You don't know what you've missed.

The entire menu follows: Stuffed Peppers; Corn on the Cob; Fried Cucumbers; Pickled Beets; Peaches and Cream: and Sponge Cake.

The recipe for Stuffed Peppers is in the Radio Cookbook, so we are now under the head of Corn on the Cob. There are several precautions to be taken in cooking Corn on the Cob. Remove the husks, just before using the corn. Clean off all silk with a pointed knife, taking care not to bread the grains. Cover the ears of corn with fresh boiling salted water, to which a little sugar has been added. If the ears of corn are not entirely covered with water, the kernels on the uncovered portion oftentimes will turn yellow, while the rest remains white.

Cook the corn in a covered kettle, from 8 to 12 minutes, depending on the variety of corn. Tender young corn needs the least cooking, of course. Close-grained corn should be cooked a little longer than other kinds. Remove from the water as soon as tender. If cooked too long, or left in the water, the corn is likely to become yellow and shriveled when removed. Serve at once, on a hot platter.

Our next recipe is for Fried Cucumbers. Five ingredients, for Fried Cucumbers:

4 medium-sized cucumbers
1 cup milk
1 cup flour
1 egg, and
1/4 teaspoon salt

Five ingredients - again please: (Repeat).

Pare the cucumbers evenly. Cut them in slices, lengthwise, about 1/8 inch thick. Beat the egg slightly, add the milk, and pour this liquid into the flour and salt, stirring until smooth. Dip the slices of cucumber into the cover batter, and brown them on both sides in hot fat. Drain on paper and serve hot.

To repeat the menu: Stuffed Peppers; Corn on the Cob; Fried Cucumbers; Pickled beets; Peaches and Cream; and Sponge Cake.

Although this should be the concluding menu, and the last recipe, I have one more recipe that I'd like to give you: Baked Tomatoes and Ham. It's a tasty dish for this time of the year, when appetites are likely to be a little jaded. Let's make another summer menu; Baked Tomatoes and Ham; Baked New Potatoes; Kohl-rabi; and Sliced Fresh Pineapple.

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Here's the recipe for Baked Tomatoes and Ham. Six ingredients:

4 firm ripw tomatoes	Salt
Slice of ham, 1/2 inch thick	Buttered bread crumbs
Pepper	1 tablespoon sugar

Six ingredients -- again (Repeat)

Cover the slice of ham with water and bring to the boiling point. Pour off the water, cook the ham until well browned on both sides, and place in a baking dish. Cover the ham with slices of tomatoes, season with salt and pepper, sprinkle buttered bread crumbs over the tomatoes, cover, and cook for 3/4 to 1 hour in a moderate oven. When the ham is tender, remove the top of the baking dish and allow the bread crumbs to brown. Garnish with chopped parsley and serve from the dish.

To repeat the menu: Baked Tomatoes and Ham; Baked New Potatoes: Kohl-rabit; and Sliced Fresh Pineapple.